Abstract of the Disclosure

There are provided low expansion transparent glass-ceramics obtained by heat treating a base glass produced at a relatively low melting temperature of 1530° C or below. The glass-ceramics have an average linear thermal expansion coefficient within a range from $+6 \times 10^{-7}$ /°C to $+35 \times 10^{-7}$ /°C, 80% transmittance wavelength (T_{80}) of 700nm or below. internal transmittance of 75% or over at light wavelength of 1550nm, heat resisting temperature of 800°C or over and Young's modulus of 90 GPa or over. The glass-ceramics comprise SiO₂, Al₂O₃, MgO, CaO, BaO, ZnO, Li₂O, TiO₂ and ZrO₂ and contain β -quartz or β -quartz solid solution as a predominant crystal phase. There are also provided optical waveguide elements and an arrayed waveguide grating (AWG) type planar lightwave circuit utilizing these glass-ceramics.